

Pool Schedule I Winter/Spring 2013 January 6, 2013 - May 31, 2013 (Subject to Change)

	River	Lap Pool	Zero Depth Closed	<u>Slide</u> Closed	Rope	Swim Programs
	Adult Only 5:30 - 7:00 am	3 Lanes Available 5:30 - 8:00 am	5:30 - 11:15 am	5:30 am - 1:00 pm	Closed	Swim Lessons 9:00 - 11:15 am
	Hydro Pump	H20 Aerobics	Open Swim	Open		Adult Swim Lessons
	7:00 - 8:00 am	8:00 - 9:00 am	11:15 am - 8:30 pm	1:00 - 8:00 pm		7:15 - 8:00 pm
>	Adult Only	Arthritis Foundation		Closed		
Δ	8:00 - 9:30 am	9:00 - 10:00 am 2 Lanes Available		8:00 - 8:30 pm		
MONDAY	Hydro Pump 9:30 - 10:30 am	10:00 am - 1:00 pm				
Z	Open Swim	Open Swim				
0	11:15 am - 8:30 pm	1:00 - 4:00 pm				
>		2 Lanes Available				
-		4:00 - 6:00 pm				
		H20 Aerobics 6:00 - 7:00 pm				
		1 Lane Available				
		7:00 - 8:30 pm				
	<u>River</u>	<u>Lap Pool</u>	Zero Depth	<u>Slide</u>	<u>Rope</u>	Swim Programs
	Adult Only	3 Lanes Available	Closed	Closed	Closed	Swim Lessons
	5:30 - 7:00 am	5:30 - 8:00 am H20 Aerobics	5:30 - 10:45 am	5:30 am - 1:00 pm	5:30 am - 7:00 pm	9:30 - 10:45 am
	Hydro Pump 7:00 - 8:00 am	8:00 - 9:00 am	Open Swim 10:45 am - 4:00 pm	Open 1:00 - 4:00 pm	Open 7:00 - 8:00 pm	Masters Swim 12:00 - 1:00 pm
	Adult Only	Low Impact	Closed	Closed	Closed	Swim Lessons
→	8:00 - 10:00 am	9:00 - 9:30 am	4:00 - 6:30pm	4:00 - 6:30 pm	8:00 - 8:30 pm	4:00 - 6:30 pm
TUESDAY	Hydro Pump	Low Impact/Deep Water	Open Swim	Open		
	10:00 - 10:30 am	9:30 - 10:00 am	6:30 - 8:30pm	6:30 - 8:30 pm		
ĽÚ	Open Swim	2 Lanes Available				
\Box	10:45 am - 4:00 pm Hydro Pump	10:00 am - 12:00 pm Open Swim				
-	6:00 - 7:00 pm	1:00 - 4:00 pm				
	Open Swim	1 Lanes Available				
	7:00 - 8:30 pm	4:00 - 6:30 pm				
		Open Swim				
	Pivor	6:30 - 8:30 pm	Zoro Donth	Slida	Pana	Surim Drograms
	River Adult Only	<u>Lap Pool</u> 3 Lanes Available	Zero Depth Closed	<u>Slide</u> Closed	Rope Closed	Swim Programs Swim Lessons
	5:30 - 7:00 am	5:30 - 8:00 am	5:30 - 11:15 am	5:30 am - 1:00 pm	Closed	9:00 - 11:15 am
	Hydro Pump	H20 Aerobics	Open Swim	Open		Pre-Season Stroke Clinic
	7:00 - 8:00 am	8:00 - 9:00 am	11:15 am - 8:30 pm	1:00 - 8:00 pm		4:00 - 5:00 pm
>	Adult Only	Arthritis Foundation		Closed		(April 10 - May 22)
ESDAY	8:00 - 9:30 am	9:00 - 10:00 am		8:00 - 8:30 pm	_	Merit Badge 7:00 - 8:30 pm
	Hydro Pump 9:30 - 10:30 am	2 Lanes Available 10:00 am - 1:00 pm				Second Wednesday
	3.30 - 10.30 am	Aqua Zumba				Second Wednesday
Z		1:00 - 2:00 pm				
WEDN	Open Swim	Open Swim				of the month
Щ	11:15 am - 8:30 pm	2:00 - 4:00 pm				
- ≥		2 Lanes Available 4:00 - 6:00 pm				
		H20 Aerobics				
		6:00 - 7:00 pm				
		6:00 - 7:00 pm 2 Lanes Available				
	No. 1	2 Lanes Available 7:00 - 8:30 pm		Click		
	River	2 Lanes Available 7:00 - 8:30 pm <u>Lap Pool</u>	Zero Depth	<u>Slide</u>	Rope Closed	Swim Programs
	Adult Only	2 Lanes Available 7:00 - 8:30 pm Lap Pool 3 Lanes Available	Closed	Closed	Closed	Swim Lessons
		2 Lanes Available 7:00 - 8:30 pm <u>Lap Pool</u>	Closed 5:30 - 10:45 am Open Swim			
	Adult Only 5:30 - 7:00 am Hydro Pump 7:00 - 8:00 am	2 Lanes Available 7:00 - 8:30 pm Lap Pool 3 Lanes Available 5:30 - 8:00 am H20 Aerobics 8:00 - 9:00 am	Closed 5:30 - 10:45 am Open Swim 10:45 am - 4:00 pm	Closed 5:30 am - 1:00 pm Open 1:00 - 4:00 pm	Closed 5:30 am - 7:00 pm Open 7:00 - 8:00 pm	Swim Lessons 9:30 - 10:45 am Masters Swim 12:00 - 1:00 pm
<u> </u>	Adult Only 5:30 - 7:00 am Hydro Pump 7:00 - 8:00 am Adult Only	2 Lanes Available 7:00 - 8:30 pm lap Pool 3 Lanes Available 5:30 - 8:00 am H20 Aerobics 8:00 - 9:00 am Low Impact	Closed 5:30 - 10:45 am Open Swim 10:45 am - 4:00 pm Closed	Closed 5:30 am - 1:00 pm Open 1:00 - 4:00 pm Closed	Closed 5:30 am - 7:00 pm Open 7:00 - 8:00 pm Closed	Swim Lessons 9:30 - 10:45 am Masters Swim 12:00 - 1:00 pm Swim Lessons
JAY	Adult Only 5:30 - 7:00 am Hydro Pump 7:00 - 8:00 am Adult Only 8:00 - 10:00 am	2 Lanes Available 7:00 - 8:30 pm Lap Pool 3 Lanes Available 5:30 - 8:00 am H20 Aerobics 8:00 - 9:00 am Low Impact 9:00 - 9:30 am	Closed 5:30 - 10:45 am Open Swim 10:45 am - 4:00 pm Closed 4:00 - 6:30pm	Closed 5:30 am - 1:00 pm Open 1:00 - 4:00 pm Closed 4:00 - 6:30 pm	Closed 5:30 am - 7:00 pm Open 7:00 - 8:00 pm	Swim Lessons 9:30 - 10:45 am Masters Swim 12:00 - 1:00 pm
	Adult Only 5:30 - 7:00 am Hydro Pump 7:00 - 8:00 am Adult Only 8:00 - 10:00 am Hydro Pump	2 Lanes Available 7:00 - 8:30 pm Lap Pool 3 Lanes Available 5:30 - 8:00 am H20 Aerobics 8:00 - 9:00 am Low Impact 9:00 - 9:30 am Low Impact	Closed 5:30 - 10:45 am Open Swim 10:45 am - 4:00 pm Closed 4:00 - 6:30pm Open Swim	Closed 5:30 am - 1:00 pm Open 1:00 - 4:00 pm Closed 4:00 - 6:30 pm Open	Closed 5:30 am - 7:00 pm Open 7:00 - 8:00 pm Closed	Swim Lessons 9:30 - 10:45 am Masters Swim 12:00 - 1:00 pm Swim Lessons
	Adult Only 5:30 - 7:00 am Hydro Pump 7:00 - 8:00 am Adult Only 8:00 - 10:00 am	2 Lanes Available 7:00 - 8:30 pm Lap Pool 3 Lanes Available 5:30 - 8:00 am H20 Aerobics 8:00 - 9:00 am Low Impact 9:00 - 9:30 am	Closed 5:30 - 10:45 am Open Swim 10:45 am - 4:00 pm Closed 4:00 - 6:30pm	Closed 5:30 am - 1:00 pm Open 1:00 - 4:00 pm Closed 4:00 - 6:30 pm	Closed 5:30 am - 7:00 pm Open 7:00 - 8:00 pm Closed	Swim Lessons 9:30 - 10:45 am Masters Swim 12:00 - 1:00 pm Swim Lessons
	Adult Only 5:30 - 7:00 am Hydro Pump 7:00 - 8:00 am Adult Only 8:00 - 10:00 am Hydro Pump 10:00 - 10:30 am	2 Lanes Available 7:00 - 8:30 pm Lap Pool 3 Lanes Available 5:30 - 8:00 am H20 Aerobics 8:00 - 9:00 am Low Impact 9:00 - 9:30 am Low Impact/Deep Water 9:30 - 10:00 am	Closed 5:30 - 10:45 am Open Swim 10:45 am - 4:00 pm Closed 4:00 - 6:30pm Open Swim	Closed 5:30 am - 1:00 pm Open 1:00 - 4:00 pm Closed 4:00 - 6:30 pm Open	Closed 5:30 am - 7:00 pm Open 7:00 - 8:00 pm Closed	Swim Lessons 9:30 - 10:45 am Masters Swim 12:00 - 1:00 pm Swim Lessons
	Adult Only 5:30 - 7:00 am Hydro Pump 7:00 - 8:00 am Adult Only 8:00 - 10:00 am Hydro Pump 10:00 - 10:30 am Open Swim 10:45 am - 4:00 pm Hydro Pump	2 Lanes Available 7:00 - 8:30 pm Lap Pool 3 Lanes Available 5:30 - 8:00 am H20 Aerobics 8:00 - 9:00 am Low Impact 9:00 - 9:30 am Low Impact/Deep Water 9:30 - 10:00 am 2 Lanes Available 10:00 am - 12:00 pm Open Swim	Closed 5:30 - 10:45 am Open Swim 10:45 am - 4:00 pm Closed 4:00 - 6:30pm Open Swim	Closed 5:30 am - 1:00 pm Open 1:00 - 4:00 pm Closed 4:00 - 6:30 pm Open	Closed 5:30 am - 7:00 pm Open 7:00 - 8:00 pm Closed	Swim Lessons 9:30 - 10:45 am Masters Swim 12:00 - 1:00 pm Swim Lessons
THURSDAY	Adult Only 5:30 - 7:00 am Hydro Pump 7:00 - 8:00 am Adult Only 8:00 - 10:00 am Hydro Pump 10:00 - 10:30 am Open Swim 10:45 am - 4:00 pm Hydro Pump 6:00 - 7:00 pm	2 Lanes Available 7:00 - 8:30 pm lap Pool 3 Lanes Available 5:30 - 8:00 am H20 Aerobics 8:00 - 9:00 am Low Impact 9:00 - 9:30 am Low Impact/Deep Water 9:30 - 10:00 am 2 Lanes Available 10:00 am - 12:00 pm Open Swim 1:00 - 4:00 pm	Closed 5:30 - 10:45 am Open Swim 10:45 am - 4:00 pm Closed 4:00 - 6:30pm Open Swim	Closed 5:30 am - 1:00 pm Open 1:00 - 4:00 pm Closed 4:00 - 6:30 pm Open	Closed 5:30 am - 7:00 pm Open 7:00 - 8:00 pm Closed	Swim Lessons 9:30 - 10:45 am Masters Swim 12:00 - 1:00 pm Swim Lessons
	Adult Only 5:30 - 7:00 am Hydro Pump 7:00 - 8:00 am Adult Only 8:00 - 10:00 am Hydro Pump 10:00 - 10:30 am Open Swim 10:45 am - 4:00 pm Hydro Pump 6:00 - 7:00 pm Open Swim	2 Lanes Available 7:00 - 8:30 pm Lap Pool 3 Lanes Available 5:30 - 8:00 am H20 Aerobics 8:00 - 9:00 am Low Impact 9:00 - 9:30 am Low Impact 9:30 - 10:00 am 2 Lanes Available 10:00 am - 12:00 pm Open Swim 1:00 - 4:00 pm 1 Lanes Available	Closed 5:30 - 10:45 am Open Swim 10:45 am - 4:00 pm Closed 4:00 - 6:30pm Open Swim	Closed 5:30 am - 1:00 pm Open 1:00 - 4:00 pm Closed 4:00 - 6:30 pm Open	Closed 5:30 am - 7:00 pm Open 7:00 - 8:00 pm Closed	Swim Lessons 9:30 - 10:45 am Masters Swim 12:00 - 1:00 pm Swim Lessons
	Adult Only 5:30 - 7:00 am Hydro Pump 7:00 - 8:00 am Adult Only 8:00 - 10:00 am Hydro Pump 10:00 - 10:30 am Open Swim 10:45 am - 4:00 pm Hydro Pump 6:00 - 7:00 pm	2 Lanes Available 7:00 - 8:30 pm lap Pool 3 Lanes Available 5:30 - 8:00 am H20 Aerobics 8:00 - 9:00 am Low Impact 9:00 - 9:30 am Low Impact/Deep Water 9:30 - 10:00 am 2 Lanes Available 10:00 am - 12:00 pm Open Swim 1:00 - 4:00 pm	Closed 5:30 - 10:45 am Open Swim 10:45 am - 4:00 pm Closed 4:00 - 6:30pm Open Swim	Closed 5:30 am - 1:00 pm Open 1:00 - 4:00 pm Closed 4:00 - 6:30 pm Open	Closed 5:30 am - 7:00 pm Open 7:00 - 8:00 pm Closed	Swim Lessons 9:30 - 10:45 am Masters Swim 12:00 - 1:00 pm Swim Lessons
	Adult Only 5:30 - 7:00 am Hydro Pump 7:00 - 8:00 am Adult Only 8:00 - 10:00 am Hydro Pump 10:00 - 10:30 am Open Swim 10:45 am - 4:00 pm Hydro Pump 6:00 - 7:00 pm Open Swim 7:00 - 8:30 pm	2 Lanes Available 7:00 - 8:30 pm	Closed 5:30 - 10:45 am Open Swim 10:45 am - 4:00 pm Closed 4:00 - 6:30pm Open Swim 6:30 - 8:30pm	Closed 5:30 am - 1:00 pm Open 1:00 - 4:00 pm Closed 4:00 - 6:30 pm Open 6:30 - 8:30 pm	Closed 5:30 am - 7:00 pm Open 7:00 - 8:00 pm Closed 8:00 - 8:30 pm	Swim Lessons 9:30 - 10:45 am Masters Swim 12:00 - 1:00 pm Swim Lessons 4:00 - 6:30 pm
	Adult Only 5:30 - 7:00 am Hydro Pump 7:00 - 8:00 am Adult Only 8:00 - 10:00 am Hydro Pump 10:00 - 10:30 am Open Swim 10:45 am - 4:00 pm Hydro Pump 6:00 - 7:00 pm Open Swim 7:00 - 8:30 pm	2 Lanes Available 7:00 - 8:30 pm Lap Pool 3 Lanes Available 5:30 - 8:00 am H20 Aerobics 8:00 - 9:00 am Low Impact 9:00 - 9:30 am Low Impact 9:30 - 10:00 am 2 Lanes Available 10:00 am - 12:00 pm Open Swim 1:00 - 4:00 pm 1 Lanes Available 4:00 - 6:30 pm Open Swim 6:30 - 8:30 pm Lap Pool	Closed 5:30 - 10:45 am Open Swim 10:45 am - 4:00 pm Closed 4:00 - 6:30pm Open Swim 6:30 - 8:30pm	Closed 5:30 am - 1:00 pm Open 1:00 - 4:00 pm Closed 4:00 - 6:30 pm Open 6:30 - 8:30 pm	Closed 5:30 am - 7:00 pm Open 7:00 - 8:00 pm Closed 8:00 - 8:30 pm	Swim Lessons 9:30 - 10:45 am Masters Swim 12:00 - 1:00 pm Swim Lessons
	Adult Only 5:30 - 7:00 am Hydro Pump 7:00 - 8:00 am Adult Only 8:00 - 10:00 am Hydro Pump 10:00 - 10:30 am Open Swim 10:45 am - 4:00 pm Hydro Pump 6:00 - 7:00 pm Open Swim 7:00 - 8:30 pm	2 Lanes Available 7:00 - 8:30 pm Lap Pool 3 Lanes Available 5:30 - 8:00 am H20 Aerobics 8:00 - 9:00 am Low Impact 9:00 - 9:30 am Low Impact/Deep Water 9:30 - 10:00 am 2 Lanes Available 10:00 am - 12:00 pm Open Swim 1:00 - 4:00 pm 1 Lanes Available 4:00 - 6:30 pm Open Swim 6:30 - 8:30 pm Lap Pool 3 Lanes Available	Closed 5:30 - 10:45 am Open Swim 10:45 am - 4:00 pm Closed 4:00 - 6:30pm Open Swim 6:30 - 8:30pm	Closed 5:30 am - 1:00 pm Open 1:00 - 4:00 pm Closed 4:00 - 6:30 pm Open 6:30 - 8:30 pm	Closed 5:30 am - 7:00 pm Open 7:00 - 8:00 pm Closed 8:00 - 8:30 pm	Swim Lessons 9:30 - 10:45 am Masters Swim 12:00 - 1:00 pm Swim Lessons 4:00 - 6:30 pm
	Adult Only 5:30 - 7:00 am Hydro Pump 7:00 - 8:00 am Adult Only 8:00 - 10:00 am Hydro Pump 10:00 - 10:30 am Open Swim 10:45 am - 4:00 pm Hydro Pump 6:00 - 7:00 pm Open Swim 7:00 - 8:30 pm	2 Lanes Available 7:00 - 8:30 pm Lap Pool 3 Lanes Available 5:30 - 8:00 am H20 Aerobics 8:00 - 9:00 am Low Impact 9:00 - 9:30 am Low Impact/Deep Water 9:30 - 10:00 am 2 Lanes Available 10:00 am - 12:00 pm Open Swim 1:00 - 4:00 pm 1 Lanes Available 4:00 - 6:30 pm Open Swim 6:30 - 8:30 pm Lap Pool 3 Lanes Available 5:30 - 8:00 am	Closed 5:30 - 10:45 am Open Swim 10:45 am - 4:00 pm Closed 4:00 - 6:30pm Open Swim 6:30 - 8:30pm Zero Depth Closed 5:30 - 9:00 am	Closed 5:30 am - 1:00 pm Open 1:00 - 4:00 pm Closed 4:00 - 6:30 pm Open 6:30 - 8:30 pm Slide Closed 5:30 am - 1:00 pm	Closed 5:30 am - 7:00 pm Open 7:00 - 8:00 pm Closed 8:00 - 8:30 pm Rope Closed 5:30 am - 3:30 pm	Swim Lessons 9:30 - 10:45 am Masters Swim 12:00 - 1:00 pm Swim Lessons 4:00 - 6:30 pm
THURSD	Adult Only 5:30 - 7:00 am Hydro Pump 7:00 - 8:00 am Adult Only 8:00 - 10:00 am Hydro Pump 10:00 - 10:30 am Open Swim 10:45 am - 4:00 pm Hydro Pump 6:00 - 7:00 pm Open Swim 7:00 - 8:30 pm	2 Lanes Available 7:00 - 8:30 pm Lap Pool 3 Lanes Available 5:30 - 8:00 am H20 Aerobics 8:00 - 9:00 am Low Impact 9:00 - 9:30 am Low Impact 9:30 - 10:00 am 2 Lanes Available 10:00 am - 12:00 pm Open Swim 1:00 - 4:00 pm 1 Lanes Available 4:00 - 6:30 pm Open Swim 6:30 - 8:30 pm Lap Pool 3 Lanes Available 5:30 - 8:00 am H20 Aerobics	Closed 5:30 - 10:45 am Open Swim 10:45 am - 4:00 pm Closed 4:00 - 6:30pm Open Swim 6:30 - 8:30pm Zero Depth Closed 5:30 - 9:00 am Open Swim/No features	Closed 5:30 am -1:00 pm Open 1:00 - 4:00 pm Closed 4:00 - 6:30 pm Open 6:30 - 8:30 pm Slide Closed 5:30 am - 1:00 pm Open	Closed 5:30 am - 7:00 pm Open 7:00 - 8:00 pm Closed 8:00 - 8:30 pm Rope Closed Closed 5:30 am - 3:30 pm Open	Swim Lessons 9:30 - 10:45 am Masters Swim 12:00 - 1:00 pm Swim Lessons 4:00 - 6:30 pm
THURSD	Adult Only 5:30 - 7:00 am Hydro Pump 7:00 - 8:00 am Adult Only 8:00 - 10:00 am Hydro Pump 10:00 - 10:30 am Open Swim 10:45 am - 4:00 pm Hydro Pump 6:00 - 7:00 pm Open Swim 7:00 - 8:30 pm	2 Lanes Available 7:00 - 8:30 pm Lap Pool 3 Lanes Available 5:30 - 8:00 am H20 Aerobics 8:00 - 9:00 am Low Impact 9:00 - 9:30 am Low Impact/Deep Water 9:30 - 10:00 am 2 Lanes Available 10:00 am - 12:00 pm Open Swim 1:00 - 4:00 pm 1 Lanes Available 4:00 - 6:30 pm Open Swim 6:30 - 8:30 pm Lap Pool 3 Lanes Available 5:30 - 8:00 am	Closed 5:30 - 10:45 am Open Swim 10:45 am - 4:00 pm Closed 4:00 - 6:30pm Open Swim 6:30 - 8:30pm Zero Depth Closed 5:30 - 9:00 am	Closed 5:30 am - 1:00 pm Open 1:00 - 4:00 pm Closed 4:00 - 6:30 pm Open 6:30 - 8:30 pm Slide Closed 5:30 am - 1:00 pm	Closed 5:30 am - 7:00 pm Open 7:00 - 8:00 pm Closed 8:00 - 8:30 pm Rope Closed 5:30 am - 3:30 pm	Swim Lessons 9:30 - 10:45 am Masters Swim 12:00 - 1:00 pm Swim Lessons 4:00 - 6:30 pm
THURSD	Adult Only 5:30 - 7:00 am Hydro Pump 7:00 - 8:00 am Adult Only 8:00 - 10:00 am Hydro Pump 10:00 - 10:30 am Open Swim 10:45 am - 4:00 pm Hydro Pump 6:00 - 7:00 pm Open Swim 7:00 - 8:30 pm River Adult Only 5:30 - 7:00 am Hydro Pump 7:00 - 8:00 am Open Swim	2 Lanes Available 7:00 - 8:30 pm	Closed 5:30 - 10:45 am Open Swim 10:45 am - 4:00 pm Closed 4:00 - 6:30pm Open Swim 6:30 - 8:30pm Closed Closed 5:30 - 9:00 am Closed 9:00 - 10:00 am	Closed 5:30 am - 1:00 pm Open 1:00 - 4:00 pm Closed 4:00 - 6:30 pm Open 6:30 - 8:30 pm Slide Closed 5:30 am - 1:00 pm Open 0pen 1:00 - 6:00 pm	Closed 5:30 am - 7:00 pm Open 7:00 - 8:00 pm Closed 8:00 - 8:30 pm Rope Closed 5:30 am - 3:30 pm Open 3:30 - 4:00 pm	Swim Lessons 9:30 - 10:45 am Masters Swim 12:00 - 1:00 pm Swim Lessons 4:00 - 6:30 pm
THURSD	Adult Only 5:30 - 7:00 am Hydro Pump 7:00 - 8:00 am Adult Only 8:00 - 10:00 am Hydro Pump 10:00 - 10:30 am Open Swim 10:45 am - 4:00 pm Hydro Pump 6:00 - 7:00 pm Open Swim 7:00 - 8:30 pm River Adult Only 5:30 - 7:00 am Hydro Pump 7:00 - 8:00 am Open Swim Open Swim Open Swim Open Swim	2 Lanes Available 7:00 - 8:30 pm	Closed 5:30 - 10:45 am Open Swim 10:45 am - 4:00 pm Closed 4:00 - 6:30pm Open Swim 6:30 - 8:30pm Closed 5:30 - 9:00 am Open Swim/No features 9:00 - 10:00 am Open Swim Open Swim	Closed 5:30 am - 1:00 pm Open 1:00 - 4:00 pm Closed 4:00 - 6:30 pm Open 6:30 - 8:30 pm Slide Closed 5:30 am - 1:00 pm Open 1:00 - 6:00 pm Closed	Closed 5:30 am - 7:00 pm Open 7:00 - 8:00 pm Closed 8:00 - 8:30 pm Rose Closed 5:30 am - 3:30 pm Open 3:30 - 4:00 pm	Swim Lessons 9:30 - 10:45 am Masters Swim 12:00 - 1:00 pm Swim Lessons 4:00 - 6:30 pm
	Adult Only 5:30 - 7:00 am Hydro Pump 7:00 - 8:00 am Adult Only 8:00 - 10:00 am Hydro Pump 10:00 - 10:30 am Open Swim 10:45 am - 4:00 pm Hydro Pump 6:00 - 7:00 pm Open Swim 7:00 - 8:30 pm River Adult Only 5:30 - 7:00 am Hydro Pump 7:00 - 8:00 am Open Swim 8:00 - 9:00 am Open Swim 8:00 - 9:00 am Open Swim 8:00 - 9:00 am	2 Lanes Available 7:00 - 8:30 pm Lap Pool 3 Lanes Available 5:30 - 8:00 am H20 Aerobics 8:00 - 9:00 am Low Impact 9:00 - 9:30 am Low Impact/Deep Water 9:30 - 10:00 am 2 Lanes Available 10:00 am - 12:00 pm Open Swim 1:00 - 4:00 pm 1 Lanes Available 4:00 - 6:30 pm Open Swim 6:30 - 8:30 pm Lap Pool 3 Lanes Available 5:30 - 8:00 am H20 Aerobics 8:00 - 9:00 am Arthritis Foundation 9:00 - 10:00 am 2 Lanes Available	Closed 5:30 - 10:45 am Open Swim 10:45 am - 4:00 pm Closed 4:00 - 6:30pm Open Swim 6:30 - 8:30pm Closed 5:30 - 9:00 am Open Swim/No features 9:00 - 10:00 am Open Swim Open Swim	Closed 5:30 am - 1:00 pm Open 1:00 - 4:00 pm Closed 4:00 - 6:30 pm Open 6:30 - 8:30 pm Slide Closed 5:30 am - 1:00 pm Open 1:00 - 6:00 pm Closed	Closed 5:30 am - 7:00 pm Open 7:00 - 8:00 pm Closed 8:00 - 8:30 pm Rose Closed 5:30 am - 3:30 pm Open 3:30 - 4:00 pm	Swim Lessons 9:30 - 10:45 am Masters Swim 12:00 - 1:00 pm Swim Lessons 4:00 - 6:30 pm
THURSD	Adult Only 5:30 - 7:00 am Hydro Pump 7:00 - 8:00 am Adult Only 8:00 - 10:00 am Hydro Pump 10:00 - 10:30 am Open Swim 10:45 am - 4:00 pm Hydro Pump 6:00 - 7:00 pm Open Swim 7:00 - 8:30 pm River Adult Only 5:30 - 7:00 am Hydro Pump 7:00 - 8:00 am Open Swim 8:00 - 9:00 am Open Swim 9:00 - 9:30 am Open Swim 8:00 - 9:00 am	2 Lanes Available 7:00 - 8:30 pm	Closed 5:30 - 10:45 am Open Swim 10:45 am - 4:00 pm Closed 4:00 - 6:30pm Open Swim 6:30 - 8:30pm Closed 5:30 - 9:00 am Open Swim/No features 9:00 - 10:00 am Open Swim Open Swim	Closed 5:30 am - 1:00 pm Open 1:00 - 4:00 pm Closed 4:00 - 6:30 pm Open 6:30 - 8:30 pm Slide Closed 5:30 am - 1:00 pm Open 1:00 - 6:00 pm Closed	Closed 5:30 am - 7:00 pm Open 7:00 - 8:00 pm Closed 8:00 - 8:30 pm Rose Closed 5:30 am - 3:30 pm Open 3:30 - 4:00 pm	Swim Lessons 9:30 - 10:45 am Masters Swim 12:00 - 1:00 pm Swim Lessons 4:00 - 6:30 pm
THURSD	Adult Only 5:30 - 7:00 am Hydro Pump 7:00 - 8:00 am Adult Only 8:00 - 10:00 am Hydro Pump 10:00 - 10:30 am Open Swim 10:45 am - 4:00 pm Hydro Pump 6:00 - 7:00 pm Open Swim 7:00 - 8:30 pm River Adult Only 5:30 - 7:00 am Hydro Pump 7:00 - 8:00 am Open Swim 8:00 - 9:00 am Open Swim 8:00 - 9:00 am Open Swim 8:00 - 9:00 am	2 Lanes Available 7:00 - 8:30 pm Lap Pool 3 Lanes Available 5:30 - 8:00 am H20 Aerobics 8:00 - 9:00 am Low Impact 9:00 - 9:30 am Low Impact/Deep Water 9:30 - 10:00 am 2 Lanes Available 10:00 am - 12:00 pm Open Swim 1:00 - 4:00 pm 1 Lanes Available 4:00 - 6:30 pm Open Swim 6:30 - 8:30 pm Lap Pool 3 Lanes Available 5:30 - 8:00 am H20 Aerobics 8:00 - 9:00 am Arthritis Foundation 9:00 - 10:00 am 2 Lanes Available	Closed 5:30 - 10:45 am Open Swim 10:45 am - 4:00 pm Closed 4:00 - 6:30pm Open Swim 6:30 - 8:30pm Closed 5:30 - 9:00 am Open Swim/No features 9:00 - 10:00 am Open Swim Open Swim	Closed 5:30 am - 1:00 pm Open 1:00 - 4:00 pm Closed 4:00 - 6:30 pm Open 6:30 - 8:30 pm Slide Closed 5:30 am - 1:00 pm Open 1:00 - 6:00 pm Closed	Closed 5:30 am - 7:00 pm Open 7:00 - 8:00 pm Closed 8:00 - 8:30 pm Rose Closed 5:30 am - 3:30 pm Open 3:30 - 4:00 pm	Swim Lessons 9:30 - 10:45 am Masters Swim 12:00 - 1:00 pm Swim Lessons 4:00 - 6:30 pm
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SWIMMING LESSON CLASS DESCRIPTIONS

Parent & Child Level 1 (ages 6 months - 24 months)

Parents are taught to safely work with their children in the water, including how to appropriately support and hold their child in the water to prepare and encourage them to try basic water skills while helping the child feel comfortable in the water.

Parent & Child Level 2 (ages 18 months - 3 years)

Parent and child continue to improve on skills introduced in Level 1 to help prepare the child to perform basic water skills including safe ways to enter and exit the water, exploring submersion and changing body position in the water.

Parent & Child Combined (C) (ages 6 months - 3 years)

This program is designed to teach children how to become accustomed to the water through playful interactions and games. Parents learn how to support and hold their child properly while exploring basic water skills.

Preschool I (Ages 3-5)

Students will be taught basic water safety skills and basic arm and leg movements to help develop comfort in the water. In addition, students will learn to enter and exit the water independently and float with support. *Pre-requisite*: Child must be ready to participate in a group setting.

Preschool 2 (Ages 3-5)

Students will build upon the basic skills learned in Preschool 1 and begin to learn independent aquatic locomotion skills. The use of simultaneous and alternating arm and leg actions on the front and back will help in the development of future stroke work.

Pre-requisite: Pass Preschool 1; OR Go underwater without hesitation; comfortable floating on front & back with support.

Preschool 3 (Ages 3-5)

Students will be taught to perform the skills presented in Preschool 1 and 2 independently to reach greater distances and develop good coordination. The use of combined simultaneous arm and leg actions will continue to help the student build a foundation for proper stroke development. *Pre-requisite*: Pass Preschool 2; OR Independently floating on front & back for 5 sec; forward movement through water.

Level 1: Introduction to Water Skills (Ages 6+)

Students will be taught basic water safety to help build comfort in the water. Elementary aquatic skills such as putting your face in the water, floating with support and basic arm and leg movements will be taught to help build confidence in the water.

Pre-requisite: Child must be ready to participate in a group setting.

Level 2: Fundamental Aquatic Skills (Ages 6+)

Students will build on their confidence in the water by learning to float independently and begin development of locomotion skills. Students will also further develop simultaneous and alternating arm and leg actions on the front and back for future stroke development.

Pre-requisite: Pass Level 1; OR Go underwater without hesitation; comfortable floating on front & back with support.

Level 3: Stroke Development (Ages 6+)

Students will build on skills learned in Levels 1 and 2 and start to learn stroke proficiency in the front crawl and elementary backstroke. Students will also be introduced to the fundamentals of treading water to help build comfort in deep water.

Pre-requisite: Pass Level 2; OR Independently floating on front & back for 5 sec; forward movement through water.

Level 4: Stroke Improvement (Ages 6+)

Students will continue development of learned strokes (front crawl, elementary backstroke) to achieve greater distances and proficiency. Students will also be introduced to the back crawl, breaststroke, side stroke and butterfly to help build on their aquatic skills.

Pre-requisite: Pass Level 3 OR Swim 15 yards of front crawl with rotary breathing.

WATER AEROBICS CLASS DESCRIPTIONS

H2O Aerobics: Join us for a total body workout that will physically challenge you! You will get the same fitness benefits as land aerobics, including excellent cardiovascular conditioning, muscle toning, flexibility and fat burning. The water provides great resistance and a low-impact workout. This class is for everyone! Join us for a change of pace, for cross-training or for general fitness.

Hydro Pump: This is our highest intensity class! Gain strength and endurance like you would on land, but have the extra resistance from working against the river current.

Arthritis Foundation Water Exercise: Nearly 46 million Americans have been diagnosed with a form of arthritis. Come join our Arthritis Foundation water exercise classes which are designed to keep joints moving, reduce joint pain, restore and preserve strength, flexibility, and protect joints against further damage.

Low Impact/Low Intensity & Pre/Post Natal Class: Enjoy a fun, relaxing, low impact workout in the water! This class includes cardiovascular conditioning, flexibility, strengthening, and spine stabilization.

Hydro Pump / Deep Water Combo: This comprehensive workout will be in two parts. For half the class you will workout in the lazy river for a not so lazy class. During this portion of the class, instructors use water weights, noodles and more to provide a challenging and exciting workout. The other half you move to the deep end of the pool and continue working cardiovascular fitness, flexibility, strength, muscle tone and increase fat burning. Flotation devices (hand buoys, belts and noodles) provide stability and flotation in deep water; however, you should feel comfortable in deep water.

Aqua Zumba: Known as the Zumba "pool party," Aqua Zumba gives new meaning to the idea of an invigorating workout. Splashing, stretching, twisting, even shouting, laughing, hooting and hollering are often heard during an Aqua Zumba class. Integrating the Zumba formula and philosophy with traditional aqua fitness disciplines, Aqua Zumba blends it all together into a safe, challenging, water-based workout that's cardio-conditioning, body-toning, and most of all, exhilarating beyond belief.

MORE INFORMATION...

Swim Lesson Registration Dates:

	Resident	Non-Resident
February	January 19	January 21
March	February 16	February 18
April	March 16	March 18
May	April 20	November 19

Swim Lesson Session Dates:

	Monday/Wednesday AM	Tuesday/Thursday AM & PM	Saturday AM
February	Feb 4—Feb 27	Feb 5—Feb 28	Feb 23—Mar 30
March	Mar 4—Mar 27	Mar 5—Mar 28	
April	Apr 9—May 2	Apr 10 - May 3	Apr 13—May 18
May	May 6—May 22	May 7 - May 23	

Aquatics Contacts:

Karen Newlon, Aquatics Coordinator at 303.926.2562 Matt Brown, Head Lifeguard at 303.926.2563 Avalon Mays, Head Lifeguard at 303.926.2567

To register for swim lessons visit www.erieparksandrec.com or visit Guest Service.